



TREATMENT ADVICES



EXTERNAL COVER:

Dry: don't dry it on the heater. You can dry it in the drier in low temperatures.

Washing: don't whiten. Wash in 40 grades.

Iron in medium temperatures.

INTERNAL FABRIC:

Clean it manually. Don't wash.

Mattress Cleaning and Maintenance:

- Do not dry and wash it wet or clean it by using the steam

- Do not dry it in the sun

- Stains should be cleaned with a wet cloth.

FILLING:

The kapok, millet and buckwheat husk - don't moisten, after moistening dry it immediately. A moisten buckwheat husk is drying slowly.

CUSHIONS COVERS

FABRICS:

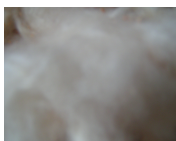
External cover: denim, strong cotton fabric made in an oblique weave.

Parameters: substance: 280 g/m²; composition: 100% Cotton.

Internal fabric: cotton cloth crude, crude of cotton and synthetic fiber (PET).

FILLING

KAPOK:



Kapok is a silky, shiny seed fiber in the form of down, obtained from trees of different species of bombacaceay subfamily, mainly from the high to 40 meters kapok trees (Ceiba pentandra) which are grown in Indonesia. Fibers are provided from the seedpods.

Properties:

- Kapok contains bitter substances, which prevent the development of mites and other insects.

- Used to seats filling, pillows and as a mixture of millet husk, is definitely designated for the Feldenkrais Method®.

- Fiber is very light, flexible and water resistant. Kapok fiber can maintain (in the

water) a weight 30-time bigger than the weight of its own.

I- rreplaceable in spine rehabilitation.

- Just touch to find out about the softness and delicacy of that filling.

- Noiseless pillows and seat cushions filled with kapok will ensure the comfort and relax.

MILLET HUSK:



This is a small, round, soft, delicate husk.

Properties:

- Millet husk, because of its particular softness and specific delicacy, can easily adapt to the shape of the body. Husks move without any noise.

KAPOK / MILLET HUSK:



Properties:

- Completion of aid by the millet husk and kapok creates an incredible softness and delicacy, bringing easiness to the aid adaptation to the body shape.

- Used in cushions, seats, spindles - provides the support and a security.

- Bolster filled by kapok and millet husk has an extreme use in the work with Feldenkrais Method®, at group activities, but also in the individual Functional Integration. Recommended to the teachers, trainers of that method and practicing students. For example, a bolster, which is set under your knee, will reduce the tension on the breast and lumbar segment.

- The advisable in all relaxation techniques practice.

BUCKWHEAT HUSK:



From a very long time, the buckwheat husk was used to fill pillows, mattresses, various types of seats. These products provide a healthy, comfortable sitting and sleeping, and therefore the good mood and relief.

Health Properties of pillows, mattresses and seats filled by the buckwheat husk:

- The appropriate mattress hardness provides a sleeping comfort and improves

the quality and effectiveness of relaxation.

- These aids do not spring or fall under the body weight – it is a stable support, which adapt to the body shape.

- Does not cause allergy. Very good for allergy sufferers - buckwheat husk does not mold. Fabrics, which are in the buckwheat husk, can inhibit the development of mites, bacteria and microorganisms that can appear for example in sofas. The buckwheat husk does not mold.

- Buckwheat husk isolates good the heat – the aids may lay directly on a cool surface. It does not absorb moisture from the environment.

- The aids filled by the buckwheat husk regulate the functioning of our body, reducing health problems in children and adults:

- Insomnia, nocturnal apnea, snoring, motor restlessness during the sleep, urination at night;
- Dizziness and headaches, neuralgia, neurosis symptoms, anxiety, menstrual pain, joint pain;
- Limb cramps, fornication, swellings, bedsores;
- Excessive sweating or changes in blood pressure, asthma, skin changes.
- Also, used in rehabilitation of the spine – inflammatory states, degenerative changes, discopathy.

- Sleeping on the mattress filled by the buckwheat husk brings relief to your tight muscles and ensures the proper support of head and neck. In addition, a husk will move under the influence of the body weight - it improves microcirculation - which results by a better cellular oxygenation. The body will regenerate.

- A cushion filled by the buckwheat husk is extremely helpful during the application of various types of relaxation techniques - it helps to maintain the stability in the seat, it is a good support for the pelvis.

COCONUT LATEX:

Ecological and natural coconut mat, used in the Feldenkrais Method®, but not only.

Health properties of coco-latex mat:

- Soft (vulcanized by the natural latex) and flexible mat ensures the sleeping comfort and improves the quality and effectiveness of relaxation; - Submitted by the mineralization, coconut fibers prevent the development of mites and other insects; - Good air-passing; - Sterile clean; - Do not cause allergy. Very good for allergy sufferers; - Durable mat to use in various exercises of the work with the body; - Isolates well the heat - may lay directly on the cold ground; - Reduces the hard contact with the ground; - The mat used in the Feldenkrais Method® is sufficiently thin, that is why, at the time of work with movement, you can still feel the pressure of individual body parts on the ground, in the lying position or at the next change of body position, etc.